

The logo consists of a speech bubble with a pink upper half and a green lower half. Inside the bubble, the word "Engage" is written in white and "for Health" is written in yellow.

Engage
for Health

Moving PA Forward Through Health Literacy Programming @ Your Library

Michelle Burda, Education and Health Literacy Coordinator

Lydia N. Collins, Consumer Health Coordinator

Elaina Vitale, Academic Coordinator

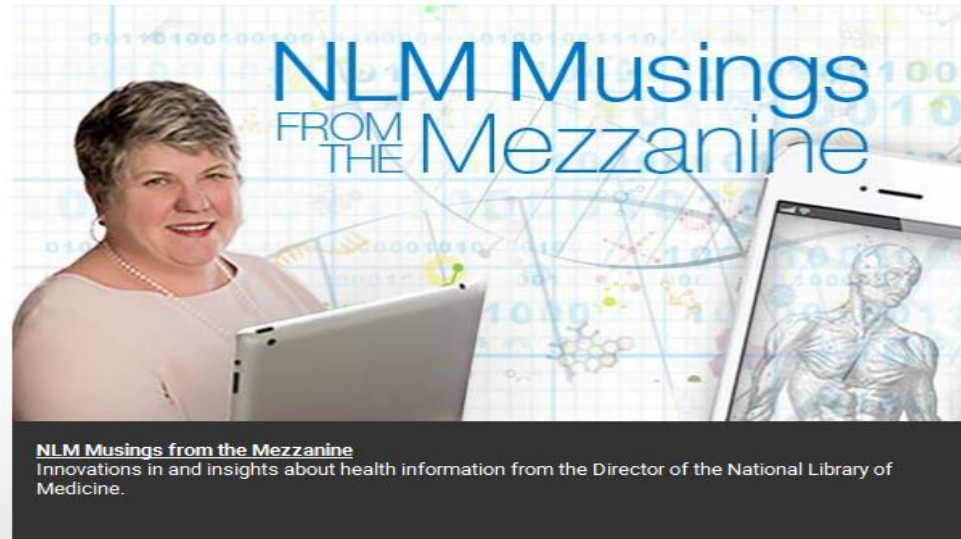


U.S. National Library of Medicine

*National Network of Libraries of Medicine
Middle Atlantic Region*

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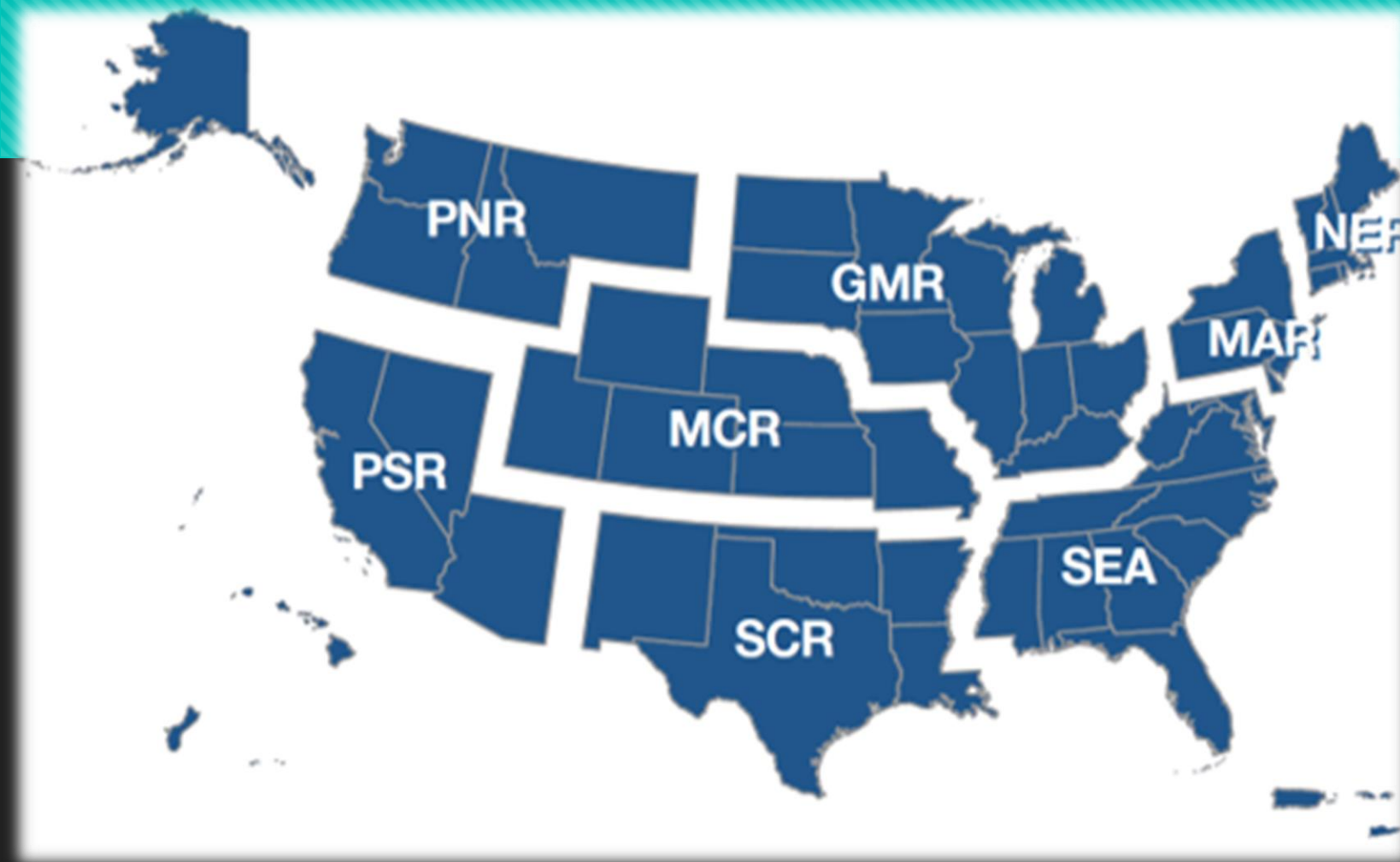
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[Training & Outreach](#)
[National Network of Medical Libraries](#)
[Regional Activities](#)

News, Events, Videos

- Amanda J. Wilson appointed Head, National Network Coordinating Office, Library Operations, NLM (01/09/17)
- Mark Ziomek appointed Chief, Public Services Division, Library Operations, NLM (01/09/17)
- NLM Director Dr. Patricia Flatley Brennan

“The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836”.

URL for the National Library of Medicine



Greater Midwest Region (GMR)
Middle Atlantic Region (MAR)
MidContinental Region (MCR)
New England Region (NER)
Pacific Northwest Region (PNR)
Pacific Southwest Region (PSR)
South Central Region (SCR)
Southeastern/Atlantic Region (SEA)

[URL](#) for National Network of Libraries of Medicine and [URL](#) for NNLM MAR

We ENVISION a Pennsylvania with
active citizens able to *manage* their own
and their family's WELL-BEING,
empowered to be EFFECTIVE PARTNERS
with their healthcare providers,
and *living* LONGER, MORE PRODUCTIVE lives.



THE VISION



RATIONALE



HIGH TECH



HIGH TOUCH



Public Health and Public Libraries

By Amy Carlton | July 1, 2015



Panelists Lydia Collins, Carrie Banks, Christian Minter, and Anita Kinney

Health literacy is defined in the Affordable Care Act as the ability to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions. Health literacy takes many forms, from understanding the instructions on a prescription bottle or a consent form to knowing when

and how to get a second opinion.

Unfortunately, according to Christian Minter, NLM Associate Fellow at Welch Library, Johns Hopkins University, 36% of adults in the US (87 million people) have basic or below basic health literacy. Low health literacy leads to \$106 to \$236 billion in health care costs annually because of higher use of emergency rooms, longer hospitalizations, and other issues, many of which are preventable.

Minter and her fellow panelists at “Public Health and Public Libraries: Librarians as Health Literacy First Responders” said public librarians are well equipped to respond to this crisis. Libraries can provide the space, technology, and resources to help improve health literacy.



[URL](#) for Public Health and Public Libraries (American Libraries, July 2015)

Improving Health Literacy, One Public Library at a Time

Public resources and training programs for librarians

By Lea Radick | October 30, 2015



Marilynn Lance-Robb, branch manager at the Carvers Bay Branch Library in Georgetown, South Carolina, assists a patron with health information.

Photo: Marilyn Lance-Robb

The first thing that Jennifer Davis tells patrons who come to her seeking medical information is not to Google their symptoms. “It’s the worst thing you could possibly do,” says Davis, director of Hall Memorial Library, which serves the communities of Northfield and Tilton, New Hampshire.

Instead, Davis assists patrons with their health care questions by helping them find information on [Medline-Plus](#), an authoritative, free website where the public can find health information in more than 40 languages.

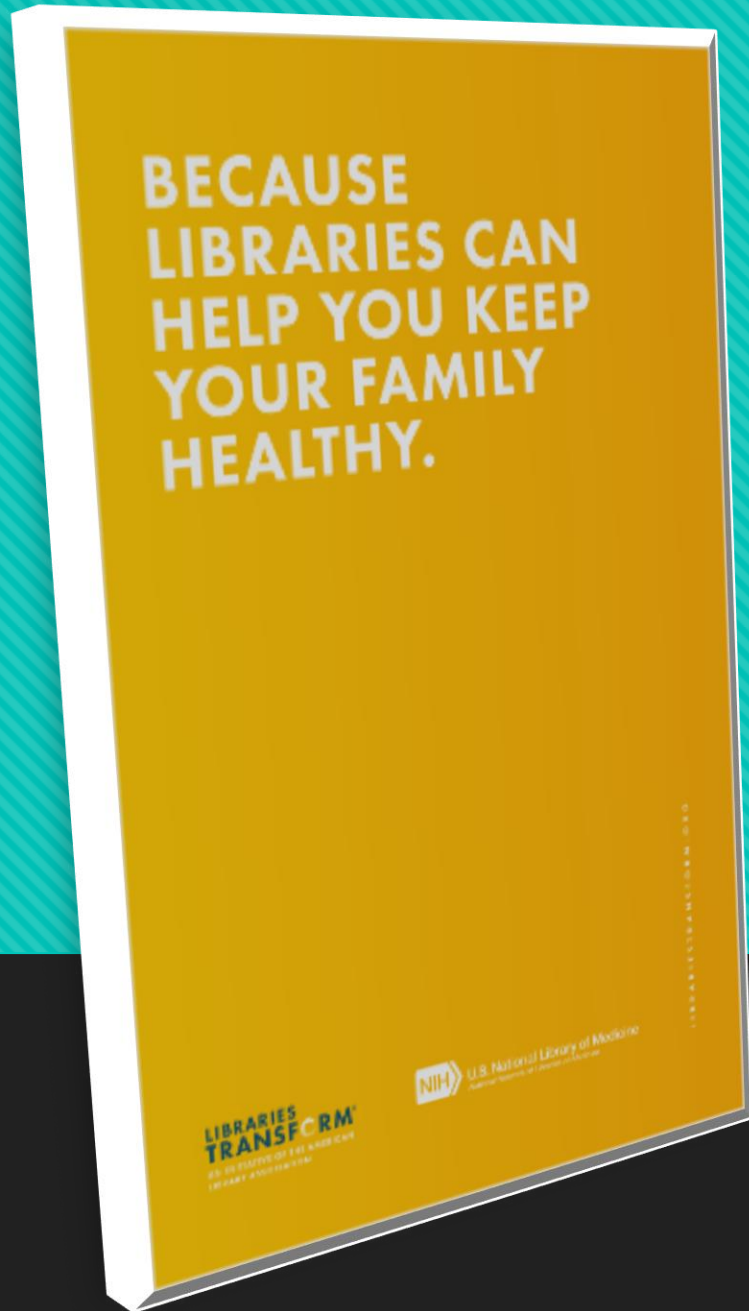
Although Davis, a former medical librarian, is familiar with health care topics, most public librarians do not

necessarily have a medical background. Still they may be faced with an assortment of health-related questions from the public every day.

More than 90 million adults in the United States have low health literacy—how well a person can get needed health information and services, and how well he or she understands them—according to the National Library of Medicine (NLM). NLM produces MedlinePlus, a National Institutes of Health (NIH) website that’s just one of several consumer health resources available to the public



[URL](#) to Improving Health Literacy, One Public Library at a Time (American Libraries, October 2015)



Health Outreach and Program Ideas/Samples/ Materials

Early Childhood – Story Time

During Regularly Scheduled Story Time

- Provide information on developmental stages/milestones of children 0-5
- Provide links to MedlinePlus health topic pages for caregivers of children 0-5
 - Baby Health Checkup
 - Childhood Immunization
 - Nutrition
 - Infant and Newborn Nutrition
 - Toddler Nutrition
 - Child Nutrition
 - Child Care
 - Child Dental Health



Looking for a great way to get families physically active at your library without offering structured sports programs? How about a fun way to combine physical literacy with verbal and music literacy? It's time for you to host a Family Dance Party!

While I work at a public library, this program can also be offered in a school library during lunch as a way to get kids active indoors on a rainy day, or in an academic library for students to get some stress relief during exams, or even to get to know one another at the beginning of the semester. Adapt it as you see fit; the only goal is to have fun!

Ebony Scott, our summer reading club coordinator, was tasked with creating this program, and she did a great job. Here are the steps involved:

Pick a date, time and location

We had our dance party on a Saturday afternoon in July. We held it in our multipurpose activity room. If you don't have such a space you could hold it in the children's department or even outside using a portable stereo system.

Spread the word

We used our event calendar and made a Facebook event to promote the party, along with word of mouth. Ebony made sure to have conversations with our Summer Reading Club members and their families.

Gather supplies

Ebony purchased a bunch of balloons, and they were blown up and left on the floor to be played with. She also rented a dance light from a local music store that could be set to pulsate colors. This light was propped up and projected onto a wall. She used a laptop and a set of computer speakers to have the music loud enough for the room.

And of course ... the music!

Ebony tried to pick music that would appeal to a wide age group. The staff had a great time coming up with ideas for the music and practicing our dance moves at the circulation desk. The following is the list played during the event.

We organized the songs on a private YouTube playlist. [View our full playlist.](#)



Some balloons, bubbles and a playlist that appeals to all ages are all you need for a family-friendly dance party. Photo credit: Greg MacPherson.

Each year on June 21, the LP Fisher Public Library in Woodstock, New Brunswick, celebrates International Yoga Day, first **made official** by the United Nations on Dec. 11, 2014. But you don't have to wait until June 2018 to celebrate — you can copy what we do by having a Family Yoga Party any time of year!

Planning a yoga day

The first step in planning our yoga day was getting together at a local park with a bunch of other yoga teachers and their kids and deciding what we wanted to do this year. (I am also a yoga teacher, but you certainly don't have to be to hold a successful event!)

We thought of doing a yoga-style triathlon geared towards families (one-mile run/walk, 30-minute family-style yoga class, 10-minute group meditation), but we couldn't get the logistics sorted. We were also worried about the weather, which has been unseasonably rainy this year.

While we had to table the yoga-style triathlon for another time, local yoga and art teacher **Brigitte Marsden** and I decided to collaborate on teaching, and another yoga teacher, Tamara, came with her family to support us. We advertised it on Facebook and the web and in our print calendar. All mats and props were provided, since I already teach a weekly yoga class here at the library.

If you aren't a yoga teacher or don't feel comfortable leading a class of mixed-ages, you can contact your local yoga studios or gyms to see if you can find an instructor to volunteer. Facebook groups are also good places to look. Make sure to have the parents sign a liability waiver (and photo release, if you are taking photos. If you don't have any mats, you can ask people to bring their own.

Animal poses, sun salutations and exploring feelings

Brigitte led the families through a series of poses focused on jungle animals, which was fun, adorable and challenging. Then I took over and we did the rainbow power song, which you can find a video of below. Each pose of a sun salutation gets given a color of the rainbow.



Hosting a Family Yoga Party is a great way to provide energizing, inter-generational programming any time of year. Photo credits: Brendan Helmuth

.....

[URL](#) for Blog: Family Yoga Party (ALA)

Health Programs for Teens



BECAUSE
LIBRARIES
MAKE LEADERS.

LIBRARIES
TRANSFORM
THE WORLD FOR THE BETTER

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**National Institute
on Drug Abuse for Teens**
Advancing Addiction Science

Have a drug problem
—need help?

[Teens](#)[Teachers](#)[Parents](#)[Drugs & Health
Blog](#)[National Drug & Alcohol Facts
Week](#)

Teens: Drug Use and the Brain

Drug Facts

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!





**National Institute
on Drug Abuse for Teachers**
Advancing Addiction Science

Have a drug problem
—need help?

[Teens](#)[Teachers](#)[Parents](#)[Drugs & Health
Blog](#)[National Drug & Alcohol Facts
Week](#)

Teachers: Classroom Resources on Drug Effects

Lessons, activities, and drug facts to educate teens about the effects and consequences of drug use.



Lesson Plan and




Scholastic Heads Up

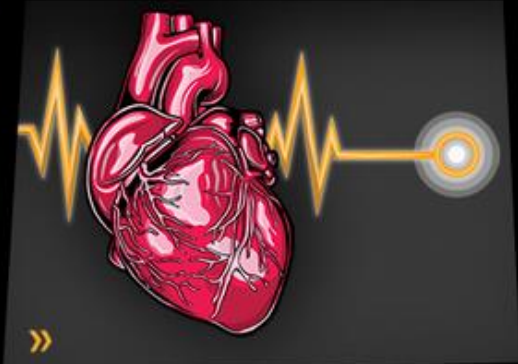


Drug Facts for

DRUGS + YOUR BODY

Click below to find out how drugs affect the body — **It Isn't Pretty!**

 **BRAIN** **SKIN** **LUNGS** **MOUTH** **HEART** **DEATH**



FIND OUT MORE



HEADS UP REAL NEWS
ABOUT DRUGS AND YOUR BODY



[URL](#) to Drugs + Your Body Interactive
[URL](#) to Drugs + Your Body Lesson Plan
Description

National Drug and Alcohol Facts Week

Get FREE materials for your event on NIDA's [Tools and Resources](#) page

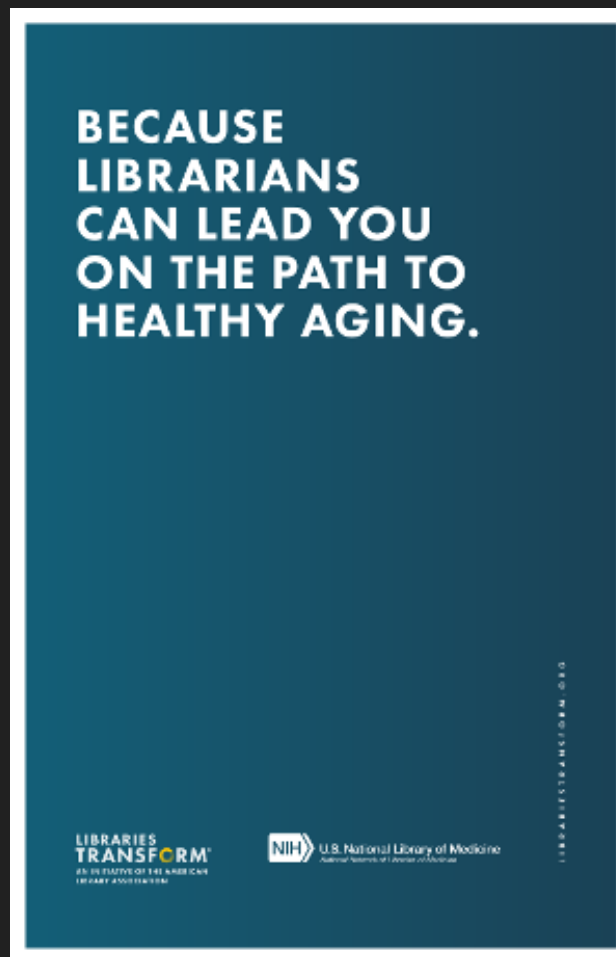
Toolkit themes include:

[alcohol](#), [college-aged and young adults](#), [marijuana](#), [MDMA](#), [opioids](#) and other [prescription drugs](#), [teens in the juvenile justice system](#), [tobacco](#), [new psychoactive substances \(synthetics\)](#)



December 13, 2017, 2-3 PM EST
[URL](#) to registration link for upcoming class

Health Program for Older Adults





National Institute
on Aging

National Institute on Aging (NIA)

Click on
Health and
Aging





NIA Health and Aging

Go4Life tab

Publications



Alzheimer's Disease



Go4Life



Español



NIHSeniorHealth



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[Try These Exercises](#)

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Join our team!

Becoming a partner organization is easy. You'll get:

- FREE *Go4Life* resources.
- *Go4Life* program ideas.
- Monthly updates.
- Listed on our website.

SIGN UP TODAY

What's in the Partner Toolkit?

Motivational Flyers



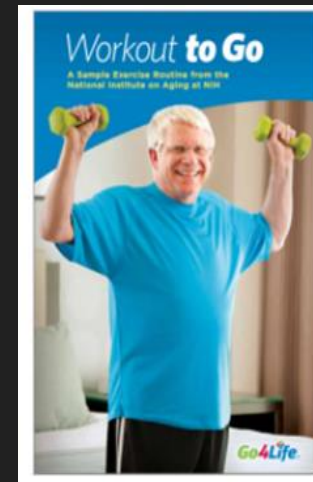
Activity ideas to get you started:

- Sponsor a health fair, and include Go4Life materials.
- Hold a wellness program, and include Go4Life materials.
- Sponsor an exercise challenge, and offer Go4Life materials as rewards.
- Invite a health expert to talk about the benefits of exercise, and use Go4Life handouts.

Web Badges with codes



Workout Programs & Guides



Free Stuff

Get Free Stuff



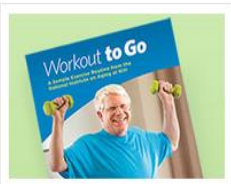
Tip Sheets



Success Stories



Infographic



Workout to Go



Exercise Guide



Spanish Resources



Bookmarks and Posters



Motivational Flyers



Exercise Guide Audiobook



Public Service Announcement



Exercise AgePage



Link to **Go4Life**

Caregiver Backpack Program

Program of

- the Allegheny County Department of Human Services
- the Southwestern Pennsylvania Area Agency on Aging
- Providing caregiver backpacks
- Specifically designed to provide the caregiver with a variety of resources relevant to the nonprofessional, family caregiver
- URL: [Availability Details](#)



Image Photo: Rania Sullivan, Director, Avalon Public Library displays backpack and some of its contents

PaLA Literacies in Action Program Recipes Booklet

The PA Forward Toolkit

This Group contains all of the resources Pennsylvania libraries can use to promote and use PA Forward on a local level. This toolkit is maintained by the PA Forward Steering Committee and updated frequently.

Overview



PA Forward Star Library Program



PA Forward Commons



Fact Sheets



Communications & Media



Graphics & Logos



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Health Fair (Catherine Stewart, nazlib1@nazarethlibrary.org)	p. 14-16
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Discussion: Share health outreach and programming that you may have done in your library.

What organizations have you or would like to partner with?



Questions



**BECAUSE
LIBRARIES
ARE PARTNERS
IN A HEALTHY
COMMUNITY.**

**LIBRARIES
TRANSFORM**
AN INITIATIVE OF THE AMERICAN
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U.S. National Library of Medicine
National Institutes of Health

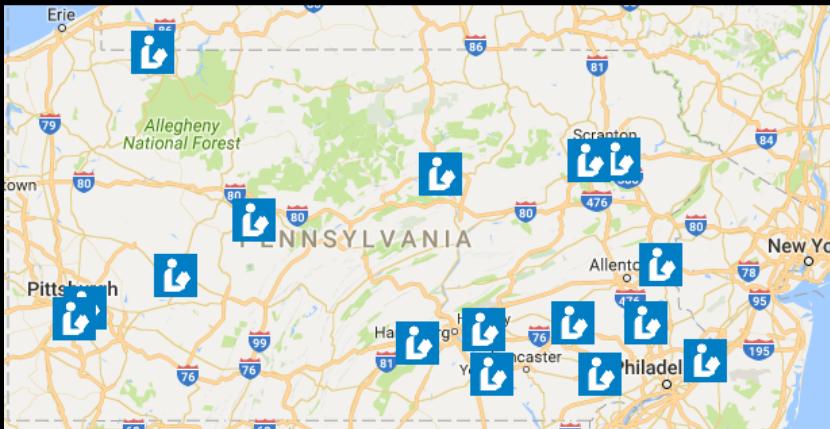
LIBRARIES-TRANSFORM.ORG

‘Engage for Health’: A Health Program in a Box

‘Why Engage for Health’ and PA Forward



- Pennsylvania Library Association (PaLA) – PA Forward Initiative
- Community Engagement
- Health Literacy Education Program
 - Replicable
 - Built in Evaluation





Taking an active role in your health care.



The Hospital + Healthsystem
Association of Pennsylvania



National Network of Libraries of Medicine

Engagement

The logo for 'Engage for Health' is located in the top right corner. It features a dark blue speech bubble with a green tail pointing towards the bottom left. The word 'Engage' is written in white, and 'for Health' is written in yellow below it.

Engage
for Health

What is engagement?

- ▶ Listen
- ▶ Understand
- ▶ Ask questions

Why is engagement important?

- ▶ Better health and satisfaction

Tips to Stay Engaged

The logo for 'Engage for Health' is located in the top right corner. It features a dark blue speech bubble with a green tail pointing towards the bottom left. The word 'Engage' is written in white, and 'for Health' is written in yellow below it.

Engage
for Health

- ▶ Take a friend or family member with you
- ▶ Write things down
- ▶ Repeat back what you've heard
- ▶ Ask questions

Communication

The logo for 'Engage for Health' is located in the top right corner. It features a dark blue speech bubble with a green tail pointing towards the bottom left. The word 'Engage' is written in white, and 'for Health' is written in yellow below it.

Engage
for Health

“The single biggest problem in communication is the illusion that it has occurred.”

—George Bernard Shaw

Questions are the Answers

Engage
for Health



[URL](#) for AHRQ Waiting Room Video

3 Types of Questions

The logo for 'Engage for Health' is located in the top right corner. It features a dark blue speech bubble with a green tail pointing towards the bottom left. The word 'Engage' is written in white, and 'for Health' is written in yellow below it.

Engage
for Health

- ▶ **What** is this test for?
- ▶ **What** are my choices?

- ▶ **Why** do I need this treatment?
- ▶ **Why** do I need to decrease how much salt I eat?

- ▶ **How** often do I need to take the medication?
- ▶ **How** do you spell the name of that drug?

What Did You Hear?

Engage
for Health



Activity-Role Play

The logo for 'Engage for Health' is located in the top right corner. It features a dark blue speech bubble with a pink outline and a green tail. The word 'Engage' is in white, and 'for Health' is in yellow.

Engage
for Health

A blue speech bubble with a white outline and a tail pointing towards the bottom left.

Questions?

A green speech bubble with a white outline and a tail pointing towards the bottom left.

Role Play



GO

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Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments



Have a doctor's appointment?

Visit our [Talking With Your Doctor](#) page

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2

3

4



Today's Health News

[Bullying May Take Bigger Toll Than Child Abuse, Neglect](#)

[Milder Autism Typically Diagnosed Later in Girls](#)

[Women's Brains May Have Tougher Time Recovering from Concussion](#)

[More health news](#)

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GO

NIH MedlinePlus Magazine

Read the



**Engage
for Health**

URL for MedlinePlus

[Home](#) → [Health Topics](#) → [Talking With Your Doctor](#)

Talking With Your Doctor

On this page

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Summary

How well you and your doctor communicate with each other is one of the most important parts of getting good health care. Being prepared can help make the most of your visit. Here are some things you can bring:

- Lists of your concerns, any allergies and all the medicines, herbs, or vitamins you take
- A description of symptoms - when they started, what makes them better
- A trusted friend or family member
- A way to take notes during your appointment



**Get Talking With Your Doctor
updates by email** [i](#)

Enter email address

GO

MEDICAL ENCYCLOPEDIA

[Make the most of your doctor visit](#)

**Engage
for Health**

URL for Talking With Your Doctor (MedlinePlus)

Search here...



Teens Home

Body

Mind

Sexual Health

Food & Fitness

Diseases & Conditions

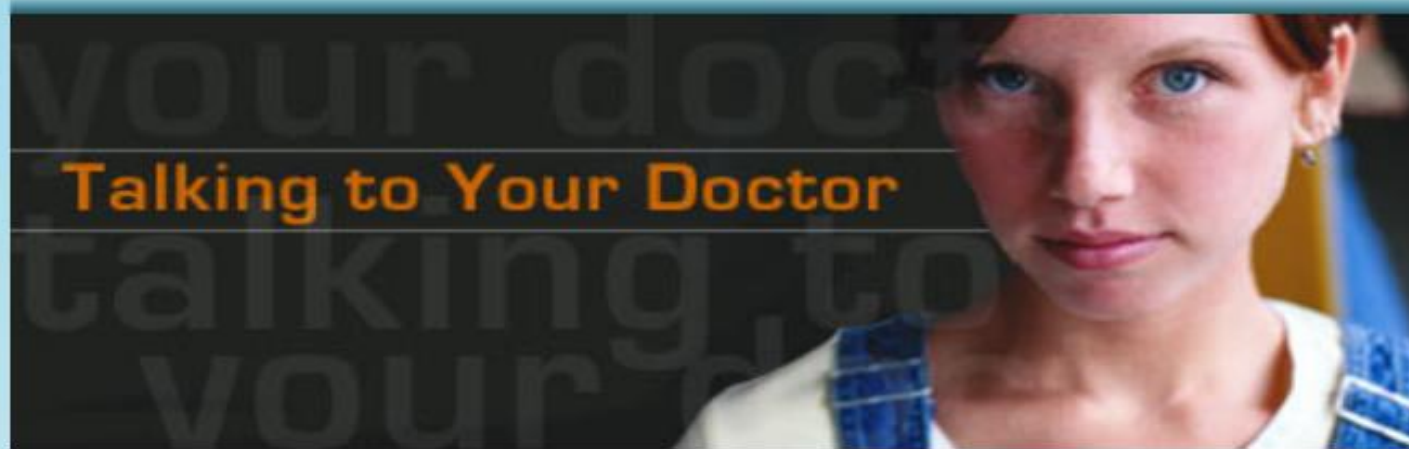
Infections

Q&A

School & Jobs

Drugs & Alcohol

Staying Safe



KidsHealth> Teens> Body> Getting Medical Care> Talking to Your Doctor

Text Size Print

► What's in this article?

see more [+]

Listen

Life gets way more complex when you're a teen. On top of all of the emotional and physical changes you go through, there are more choices and decisions to make and more stresses from school, sports, jobs, family, and even friends.

Lee este artículo en Español



URL for Talking to Your Doctor (TeensHealth)



Questions?

Communication is Key!



HOUSE_{M.D.}

[URL](#) for House MD Video

Image from Fox

For More Information Contact:

The logo features the text "Engage for Health" in white and yellow, set against a dark blue speech bubble with a green and pink outline.

Engage
for Health

National Network of Libraries of Medicine, Middle Atlantic Region

<http://nnlm.gov/mar/>

nnlmmar@pitt.edu

412.648.2065



This presentation was adapted from the 'Engage for Health': Tools for Health Literacy Community Education from The Hospital & Healthsystem Association of Pennsylvania.

This project is funded by the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Cooperative Agreement Number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System.

'Engage for Health': A Patient Communication Program


About 'Engage for Health'

Materials for Distribution

Questions? Contact:



Lydia Collins
Consumer Health
Coordinator
(412) 624-1411
lydia@pitt.edu

[Findings from the 'Engage for Health' Pilot Project](#) 
(2017 Report)

Here is a video of the 'Engage for Health' program that was hosted by the Hershey Public Library in Hershey, PA. This video was produced with funds from HAP.

About Engage for Health

The Hospital & Healthsystem Association of Pennsylvania ([HAP](#)) and its Pennsylvania Hospital Engagement Network ([PA-HEN](#)) developed 'Engage for Health', a series of tools to conduct a community education program on taking an active role in your health care. In 2016 the Pennsylvania Library Association ([PaLA](#)) and the National Network of Libraries of Medicine, Middle Atlantic Region ([NNLM MAR](#)) partnered with HAP, the NNLM Evaluation Office ([NEO](#)) and the Agency for Healthcare Research and Quality ([AHRQ](#)) to update the program and pilot it in 16 libraries across PA.

The 'Engage for Health' program is now available for libraries, community and faith based agencies and health care providers to offer in their communities. If you are interested in offering this program, please feel free to use the materials located on this page and contact NNLM MAR for assistance.




We encourage you to offer this program, use the evaluation materials (and send them to us) as well as let us know about the success of your 'Engage for Health' program.

AHRQ published a case study on the 'Engage for Health' program and the pilot project in PA, read the entire case study [here](#).



'Engage for Health' Program Materials

All of the materials you need to offer the 'Engage for Health' program are freely available. The toolkit includes the presentation slides, speaker notes, role play exercise, pre-post evaluation form (and instructions to send MAR the completed forms), promotional poster and logo.

- [Engage for Health Presentation Slides](#) 
- [Engage for Health Speaker Notes for Presentation Slides](#) 
- [Engage for Health Role Play](#) 
- [Engage for Health Pre-Post Evaluation Instructions](#) 
- [Engage for Health Pre-Post Evaluation Form](#)

[URL](#) for Engage for Health Toolkit/Program Materials



Discussion: Share your thoughts about the 'Engage for Health' program?

Value of Partnering

- **Existing Relationships**

- **New Relationships**

- HAP provides access to health care providers as partners for the 'Engage for Health' program

- **Various Agency Types**

- Hospitals/Health Care Centers
 - Senior Centers
 - Community/Faith Based Organizations
 - Public Health Departments

- Libraries as partners because statements

In PA contact Jennifer Collins at HAP for assistance with locating a health care professional to offer 'Engage for Health' at your library: jcollins@hapoline.org or (717) 561-5330

How do I find partners?



[URL](#) to NNLM Membership Directory, [URL](#) to MedlinePlus Organizations, [URL](#) to MedlinePlus Directories and [URL](#) to 2-1-1 United Way

Why Should You Offer Health and Wellness Programs @ Your Library?

- Empower Members of Your Community
- Promote Health Literacy @ Your Library/Health System
- Partnership Building for Your Library/Health System



“Being able to help members of my community advocate for themselves and loved ones was amazing!”

“Our community partner, the health care provider added value to the program by illustrating how asking questions can enhance and improve the healthcare experience.”

“My best experience with this health literacy initiative was learning more about the evaluation process. Understanding the give-and-take on formulating the questions. It was very helpful to have the group assist in the evaluation design and these skills can be applied to other aspects of my work.”

“Attendees wanted to know why more people didn’t attend because the quality of the program was so good.”

NNLM MAR Funding

Currently Open

- Exhibitor
- Health Information Awareness
- Professional Development
- Regional Symposium Award

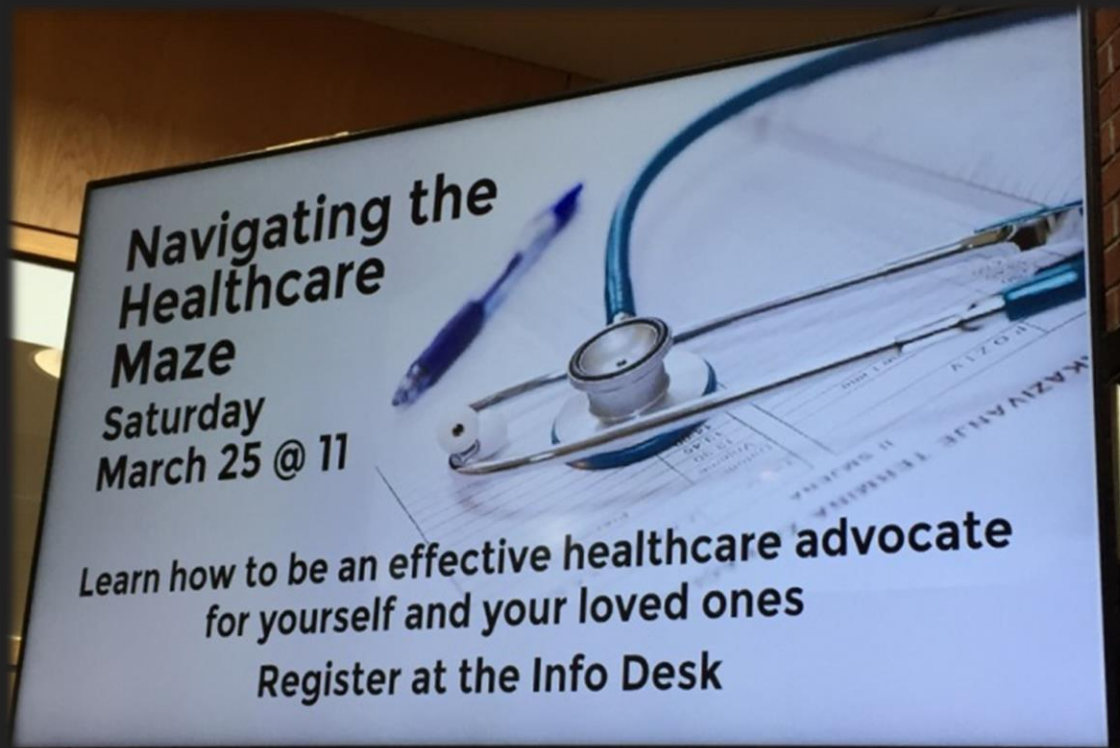
Currently Closed

- Clinical and Public Health Outreach
- Emergency Preparedness
- Health Literacy
- Health Sciences Library
- Outreach to Consumers

[URL](#) to NNLM MAR Funding



Albany Medical College: Outreach to Consumers to Improve Health Literacy



Ideal Partners: Academic Libraries, Public Libraries

Through interactive training workshops, AMC librarians assist a diverse group of community members in learning about their health conditions, understanding how to research health information using NLM and other internet resources, and learning how to prepare for a medical appointment including compiling a list of questions for their health care provider.

Free Library of Philadelphia: Harnessing the Power of Public Library and Other Staff to Improve Population Health



Ideal Partners: Academic Libraries, Academic Departments, Public Libraries

This four-module pilot curriculum provides the necessary tools for library staff to recognize the health and social challenges facing their most vulnerable patrons, engage with those patrons, and subsequently refer them to appropriate community-based resources.



PA Public Library 'Engage for Health' Pilot Project Participants

- Altoona Area Public Library (Jennifer Knisely & Josh McConnell)
- Bosler Memorial Library (Vallie Edenbo & Nicholas Macri)
- Carnegie Free Library of Swissvale (Kate Grannemann)
- Downingtown Library (Karen Smith)
- Easton Area Public Library (Jennifer Stocker)
- Hershey Public Library (Barbara Ellis)
- Indian Valley Free Library (Nicole Husbands)
- Indiana Free Library (Lauri Fletcher)
- James V. Brown Library (Dana Brigandi)
- Clearfield County Library (Paula Collins)
- Kreutz Creek Valley Library (Susan Nenstiel)
- Margaret R. Grundy Memorial Library (Barbara Gerhard)
- North Pocono Public Library (Susan Jeffery)
- Reading Public Library (Nathaniel Thomas)
- Sugar Grove Free Library (Leslie LaBarte)
- West Pittston Public Library (Anne Bramblett-Barr)
- Whitehall Public Library (Brandon Taper)

Thank You

NNLM MAR serves Delaware, New Jersey, New York and Pennsylvania

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